

Information Handout for Patients Not Transported by Emergency Medical Services

If your symptoms get worse:

- **Contact your health care provider.**
- **If it is an emergency, call 911.**
- **When you first speak or meet with any health care provider (in a doctor's office, clinic, hospital or ambulance, etc.) tell them immediately that you have a cough/fever so they can treat you promptly and appropriately.**

- Consider taking over-the-counter medications that you normally use for cough/fever. If under age 15, do not take aspirin or aspirin-containing products.
- Continue to take your regular medications unless your health care provider tells you to stop or change your routine.
- Stay at home until you have no fever for 24 hours without the use of fever-reducing medication.
- Avoid close contact with others.
- Cover your mouth when sneezing, blowing your nose, or coughing.
- Avoid touching your eyes, nose, and mouth.
- Wash hands frequently and ALWAYS after coughing/sneezing, etc.
- Use alcohol-based hand sanitizer often in-between hand washing.
- Do not share glasses, cups, utensils, toothbrushes, etc.
- Clean hard surfaces (especially in commonly used areas: bedroom, kitchen, bathroom) with standard household disinfectants.
- Contact your health care provider if you have further questions or if your condition worsens.

NDDOH COVID-19 Public Hotline
1-866-207-2880